How Do Deal Body Acne & Other Common Skin Issues

PHILLIP PICARDI

Treating the face is often at the forefront of what we cover in beauty because, let’s be real: It’s what people see every single day. But many of us neglect taking proper care of the skin on our body, despite the fact that it ages just like everything above the neck. Sometimes, it’s not until major issues occur that we realize just how important the skin hiding underneath our clothes really is.

When skin concerns arise on the body, they can sometimes be more alarming than what’s on the face — they can sometimes accompany other image issues we may have, or make us feel like we can’t disrobe, go out in public, or wear certain clothes. The reality is, you should always feel beautiful in the skin you’re in...even if loving it might be a bit more complicated than normal.
"Stretch marks appear as lines of thinned skin, either hypopigmented or pink in color, with a slightly wrinkled or depressed surface," says Dr. Shah. "They represent scars in the dermal layer, with thinning of the overlying epidermal layer of the skin, literally caused by stretching, which leads to 'breaks' in the connective tissue, and, therefore, damage of collagen and elastin."

The funny thing about them, though, is that sometimes, they heal on their own! "Especially in pregnant women, they often resolve, and we have no good explanation for this," Dr. Gold adds.

Here's the thing about stretch marks, though: Lots of people have 'em. And while they may look unappealing to some, they're more a fact of life — a part of your body's history. Getting rid of them is kind of like trying to get rid of cellulite (more on that later) — it can be a total rat race, and, Dr. Shah adds, the efficacy of treatments can vary from patient to patient.

HERE'S THE THING ABOUT STRETCH MARKS, THOUGH: LOTS OF PEOPLE HAVE 'EM. AND WHILE THEY MAY LOOK UNAPPEALING TO SOME, THEY'RE MORE A FACT OF LIFE — AND A PART OF YOUR BODY'S HISTORY.
If you want to get serious, though, (and many women do), there is a relatively new fractional microneedling device called EndyMed Intensif. "The microneedling technology penetrates the skin, alters the collagen, and stimulates the pigment, improving many white-colored marks," Dr. Gold says. "Several treatments may be needed with this fractionated technology, but results thus far have been promising."

For red marks, Dr. Gold administers a pulsed dye laser, like Vbeam or Cynergy, to correct the color and help it match the skin. Another solution? Banding together and learning to love ‘em. But, what works for you is most important.